

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.1: Define components of individual and family wellness (i.e., physical, emotional, social, and intellectual)	Introductory Competency

English/Language Arts

- 6.2.4 Use graphic organizers and summarizing to enhance comprehension
- 7.2.2 Use graphic organizers; summarizing; paraphrasing; and vocabulary building strategies, Including context clues, to enhance understanding and aid comprehension of the meaning of texts
- 6.2.5 & 7.2.4 & 8.2.2 Use prior knowledge and experiences to aid text comprehension

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 7-8.2.1 Develop strategies for stress management (e.g., breathing and relaxation techniques, avoiding personal stressors, time management)
- 7-8.2.2 Describe ways (e.g., personal achievement, community involvement) to improve self-esteem
- 7-8.2.3 Explain how personal values and beliefs influence individual health practices (e.g., nutrition, personal hygiene, abstinence) and behaviors
- 7-8.2.4 Describe ways in which family history can have an impact on personal health (e.g., hereditary diseases)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.2: Describe components of individual and family wellness (i.e., physical, emotional, social, and intellectual)	Core Competency

English/Language Arts

- 9.1.6 Summarize information
- 9.4.4 Engage in a group discussion
- 9.3.7 Use a variety of details
- 10.3.7 Use a variety of supporting details

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.1.1 Explain the physical, intellectual, social, and spiritual changes that occur throughout life (e.g. how these changes differ among individuals, family, and community)
- 9-12.2.3 Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)
- 9-12.5.1 Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)
- 9-12.6.1 Describe situations (e.g., diabetes, chronic depression, prenatal and postnatal care, alcohol or drug-related problems, child abuse) that require professional health services in the areas of prevention, treatment, and rehabilitation
- 9-12.6.2 Describe resources (e.g., reputable internet sites such as Centers for Disease Control, Attorney General, and National Institute of Health, Chamber of Commerce, or public health organizations) to access valid and reliable health information, products, and services both in and outside of the community

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.3: Describe the impact of psychological, cultural, and social influences on food choice and other nutrition practices	Core Competency

English/Language Arts

- 9.3.8 Use supporting details
- 9.4.5 Use critical listening skills, i.e., reflection
- 10.2.1 Summarize information from nonfiction genres
- 10.3.7 Use a variety of supporting details

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.1.1 Explain the physical, intellectual, social, and spiritual changes that occur throughout life (e.g. how these changes differ among individuals, family, and community)
- 9-12.2.1 Assess healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)
- 9-12.2.2 Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)
- 9-12.2.3 Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)

Library/Technology Literacy

- 12.1.1 Define a research problem or task
- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research
- 12.1.6 Present research (See Standard 2 for details.)

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.4: Identify the governmental, economic, and technological influences on food choices and practices (e.g., My Pyramid, Nutrition Guidelines, Nutrition Labeling, etc.)	Core Competency

English/Language Arts

- 9.1.4 Evaluate relevancy of information
- 9.5.1 Identify existing and developing media
- 10.1.2 Know ways to effectively search electronic data bases, e.g., defining key terms and using limiters to focus the search
- 10.1.4 Use relevant information
- 10.5.1 Identify existing and developing media

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- 9-12.3.4 Analyze the role government plays in an economy (e.g., provision of public goods and services, taxes, protection of property rights, resolution of market failures)

Health

- 9-12.6.5 Determine criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media) to evaluate health information, products, and services (e.g., research using medical journals, consumer health sources, research institutes)

Library/Technology Literacy

- 8.1.3 & 12.1.3 Access information using a variety of sources

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.5: Investigate the impact of global and local events and conditions on food choices and practices	Advanced Competency

English/Language Arts

- 11.1.1 Research topics independently using appropriate sources
- 11.1.4 Verify the quality, accuracy, and usefulness of information
- 11.3.1 Gather information supporting multiple sides of an issue
- 11.5.1 & 12.5.1 Identify existing and developing media

Mathematics

- 9-10.3.2 Interpret a given visual representation (i.e., circle graphs, bar graphs, histograms, stem-and-leaf plots, box-and-whisker plots, and scatter plots) of a set of data

Science

- 6.1.3 Explain the connection between cause and effect in a system

Social Studies

- 9-12.6.1 Trace group and cultural influences as they contribute to human development, identity, and behavior (e.g., religion, education, media, government, and economy)

Health

- 9-12.6.4 Identify local, state, federal, and private agencies (e.g., Food and Drug Administration [FDA], Environmental Protection Agency [EPA], United States Department of Agriculture [USDA], North Dakota Department of Health, North Dakota Attorney General's Office, and County Health) that protect and inform consumers
- 9-12.6.6 Evaluate resources, products, and services based on appropriate criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media)

Library/Technology Literacy

- 12.1.1 Define a research problem or task.
- 12.1.2 Plan a research strategy.
- 12.1.3 Access information using a variety of sources.
- 12.1.4 Use a variety of criteria to evaluate and select information for research.

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.6: Examine legislation and regulations related to nutrition and wellness issues	Advanced Competency

English/Language Arts

- 11.1.1 Research topics independently using appropriate sources
- 11.1.4 Verify the quality, accuracy, and usefulness of information
- 11.3.1 Gather information supporting multiple sides of an issue
- 11.5.1 & 12.5.1 Identify existing and developing media

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- 9-12.4.4 Evaluate the effectiveness of structures, operations, and influences of political systems and constitutional governments (e.g., federalism; separation of powers; checks and balances; media and special interest groups)

Health

- 9-12.7.1 Explain how an individual can improve or sustain community health initiatives and or services (e.g., exercising voting privileges on health-related matters; assisting in the development of health policies or laws; evaluating community health services and presenting concerns to legislators)
- 9-12.7.2 Develop strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 1: Describe factors that influence nutrition practices across the life span.	
Competency 8.1.7: Discuss the governmental, economic, and technological influences on food choices and practices (e.g., food budget and inflation)	Advanced Competency

English/Language Arts

11.4.2 Adapt to a variety of speaking and listening situations such as formal presentations, oral interpretations and group discussions

Mathematics

9-10.3.2 Interpret a given visual representation (i.e., circle graphs, bar graphs, histograms, stem-and-leaf plots, box-and-whisker plots, and scatter plots) of a set of data

Science

- No existing North Dakota Science standard

Social Studies

9-12.4.4 Evaluate the effectiveness of structures, operations, and influences of political systems and constitutional governments (e.g., federalism; separation of powers; checks and balances; media and special interest groups)

Health

9-12.6.5 Determine criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media) to evaluate health information, products, and services (e.g., research using medical journals, consumer health sources, research institutes)

Library/Technology Literacy

12.1.3 Access information using a variety of sources
12.1.6 Present research (See Standard 2 for details.)

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 2: Explain the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Competency 8.2.1: Describe the effect of nutrition on health, appearance, and peak performance.	Introductory Competency

English/Language Arts

- 6.1.3 Differentiate between accurate and inaccurate information
- 7.1.3 Question the accuracy and relevance of information

Mathematics

- 6.1.13 Use problem solving strategies to solve and verify the results of problems
- 6.1.14 Estimate the results of problems involving whole numbers, fractions, and decimals
- 7.1.8 Solve real-world problems using integers, fractions, decimals, and percents
- 7.1.9 Estimate the results of problems involving fractions, decimals, and percents
- 7.1.10 Use proportions to solve problems
- 7.3.1 Formulate a question; collect, organize, and display data using a bar, line, and circle graph
- 7.3.7 Explain inferences made from statistical information
- 7.5.1 Create tables and graphs to analyze and describe patterns
- 8.3.7 Make inferences based on analysis of data and interpretation of graphs

Science

- 6.1.3 Explain the connection between cause and effect in a system
- 7.1.3 Identify examples of feedback mechanisms (e.g., hunger, perspiring)

Social Studies

- No existing North Dakota Social Studies Standard

Health

- 6.2.3 Identify the causes and prevention of common diseases and other health problems (e.g., asthma, diabetes, obesity, allergies, sexually transmitted disease/infection [STD/STI], cardio-vascular disease)
- 6.2.4 Explain the relationship between healthy behaviors (e.g., riding bikes, skateboards, rollerblades) and health risks (with or without protective equipment)
- 7-8.2.8 Explain the benefits of nutrition and physical activity as they relate to the overall well-being of individuals (e.g., obesity)

Library/Technology Literacy

- 8.2.2 Select appropriate communication formats

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 2: Explain the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Competency 8.2.2: Explain the relationship of nutrition and wellness to individual and family health throughout the life span	Core Competency

English/Language Arts

- 9.1.4 Evaluate relevancy of information
- 9.1.5 Organize information from a variety of sources, e.g., chronological
- 9.3.8 Use supporting details
- 9.4.4 Engage in a group discussion
- 9.4.5 Use critical listening skills, i.e., reflection
- 10.1.4 Use relevant information
- 10.1.5 Organize information from a variety of sources into a unified whole
- 10.2.1 Summarize information from nonfiction genres
- 10.3.7 Use a variety of supporting details

Mathematics

- 6.5.1 Identify and describe patterns represented by tables, graphs, and sequences
- 7.5.6 Graph change over time; e.g., growth, distance, population

Science

- 6.2.5 Use data from scientific investigations to determine relationships and patterns
- 7.2.1 Communicate the results of scientific investigations using an appropriate format (e.g., journals, lab reports, diagrams, presentations, discussions)

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.1.1 Explain the physical, intellectual, social, and spiritual changes that occur throughout life (e.g. how these changes differ among individuals, family, and community)
- 9-12.1.3 Describe the importance of prenatal and postnatal care to both parents and child

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 2: Explain the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Competency 8.2.3: Describe the impact of food and diet fads, food addictions, and eating disorders on wellness	Core Competency

English/Language Arts

- 9.1.6 Summarize information
- 9.3.8 Use supporting details
- 9.4.4 Engage in a group discussion
- 10.1.4 Use relevant information
- 10.3.7 Use a variety of supporting details

Mathematics

- 8.3.7 Make inferences based on analysis of data and interpretation of graphs

Science

- 6.1.3 Explain the connection between cause and effect in a system

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.2.1 Assess healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)
- 9-12.5.3 Apply the decision-making process (e.g., gathering facts, assessing the alternatives, implementing a decision, evaluating the outcome) as it relates to a healthy lifestyle

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 2: Explain the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Competency 8.2.4: Analyze sources of food and nutrition information (e.g., food labels related to health and wellness, etc.)	Core Competency

English/Language Arts

- 9.1.5 Organize information from a variety of sources
- 9.2.3 Differentiate between a variety of nonfiction genres
- 10.1.5 Organize information from a variety of sources into a unified whole.
- 10.2.1 Summarize information from a variety of nonfiction genres
- 10.3.2 Defend a personal opinion using facts as support
- 10.4.3 Formulate questions in response to a verbal message
- 10.5.4 Analyze media messages

Mathematics

- 8.2.4 Apply the Pythagorean Theorem to problems involving right triangles

Science

- No existing North Dakota Science standard

Social Studies

- 9-12.1.1 Interpret and evaluate various visual representations (e.g. charts, graphs, timelines, graphic organizers, maps, flow charts) of data
- 9-12.1.4 Use media (e.g., oral, written, websites, computer simulations, multimedia resources) to access, record, analyze, and communicate information relating to social studies

Health

- 9-12.2.3 Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)
- 9-12.6.6 Evaluate resources, products, and services based on appropriate criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 2: Explain the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Competency 8.2.5: Analyze sources of food and nutrition information (e.g., websites, publications relating to health and wellness)	Advanced Competency

English/Language Arts

- 11.1.1 Research topics independently using appropriate resources
- 11.1.2 Evaluate reliability, validity, comprehensiveness, author's bias and author's expertise
- 11.3.1 Gather information supporting multiple sides of an issue
- 11.3.5 Use a variety of supporting details
- 12.3.4 Use a variety of sources for supporting details

Mathematics

- 7.3.7 Explain inferences made from statistical information

Science

- No existing North Dakota Science standard

Social Studies

- 9-12.1.1 Interpret and evaluate various visual representations (e.g. charts, graphs, timelines, graphic organizers, maps, flow charts) of data
- 9-12.1.4 Use media (e.g., oral, written, websites, computer simulations, multimedia resources) to access, record, analyze, and communicate information relating to social studies

Health

- 9-12.7.3 Apply strategies to influence and support others in making positive health choices (e.g., working as a peer trainer, counseling others on health issues, gaining support of school administrators and community leaders, service learning and health fair projects)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 3: Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	
Competency 8.3.1: Describe purposes of guidelines in planning to meet nutrition and wellness needs (e.g. My Pyramid, dietary guidelines, RDAs, etc)	Introductory Competency

English/Language Arts

- 6.1.3 Differentiate between accurate and inaccurate information
- 7.1.3 Question the accuracy and relevance of information
- 8.4.2 Use supporting materials for topic development

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 6.2.4 Explain the relationship between healthy behaviors (e.g., riding bikes, skateboards, rollerblades) and health risks (with or without protective equipment)
- 6.5.1 Develop goals to sustain or improve personal health practices

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 3: Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	
Competency 8.3.2: Apply guidelines in planning to meet nutrition and wellness needs (e.g. My Pyramid, dietary guidelines, RDAs, etc)	Core Competency

English/Language Arts

- 9.1.5 Organize information from a variety of sources
- 9.3.8 Use supporting details
- 10.1.3 Gather reliable information to support a thesis
- 10.1.5 Organize information from a variety of sources into a unified whole
- 10.3.7 Use a variety of supporting details

Mathematics

- 7.1.4 Use integers to represent and compare quantities
- 7.1.8 Solve real-world problems using integers, fractions, decimals, and percents
- 8.1.9 Determine when an estimate is sufficient and an exact answer is needed in problem situations
- 9-10.1.8 Apply estimation skills to predict realistic solutions to problems

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.2.2 Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 3: Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	
Competency 8.3.3: Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods	Core Competency

English/Language Arts

- 9.1.9 Use graphic organizer
- 9.5.2 Access media
- 10.1.2 Gather reliable information to support a thesis
- 10.1.3 Use relevant information
- 10.5.2 Use media (e.g., television, film, music, electronic databases, videos, DVDs, comics, visual and performing arts, newspapers, and periodicals) for a variety of purposes

Mathematics

- 7.1.8 Solve real-world problems using integers, fractions, decimals, and percents
- 7.1.10 Use proportions to solve problems
- 7.4.4 Select and use appropriate tools and units to determine the measurements needed for calculating perimeter, circumference, area, surface area, and volume

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.2.2 Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)
- 9-12.5.1 Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 3: Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	
Competency 8.3.4: Describe health and nutrition needs of individuals and families with special requirements (e.g., diseases, elderly, pregnant, athletes, etc.)	Advanced Competency

English/Language Arts

- 11.2.6 Apply prior knowledge of content to interpret meaning of text
- 11.3.5 Use a variety of supporting details
- 11.5.4 Evaluate the accuracy of details in media messages

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- 9-12.6.3 Compare elements of socio-cultural development in relation to other factors (e.g., individual differences, personality and assessment, psychological disorders and treatments)

Health

- 9-12.1.3 Describe the importance of prenatal and postnatal care to both parents and child
- 9-12.6.1 Describe situations (e.g., diabetes, chronic depression, prenatal and postnatal care, alcohol or drug-related problems, child abuse) that require professional health services in the areas of prevention, treatment, and rehabilitation
- 9-12.6.2 Describe resources (e.g., reputable internet sites such as Centers for Disease Control, Attorney General, and National Institute of Health, Chamber of Commerce, or public health organizations) to access valid and reliable health information, products, and services both in and outside of the community

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 4: Evaluate factors that affect food safety, from production to consumption.	
Competency 8.4.1: Define and apply conditions and practices that promote safe food handling (e.g., food borne illnesses, etc.)	Introductory Competency

English/Language Arts

- 6.2.3 Use word recognition skills and vocabulary building strategies to determine the meaning of unfamiliar words and make sense of text; e.g., synonyms/antonyms, prefixes/suffixes, multiple meaning words, context clues, word reference aids – dictionary, glossary, thesaurus, base words
- 6.4.2 & 7.4.2 & 8.4.2 Use supporting materials for topic development; e.g., research, personal experience, literature, interview
- 7.2.11 Use vocabulary building skills and strategies; e.g., synonyms/antonyms, prefixes/suffixes, analogies, multiple meaning words context clues, word reference aids – dictionary, glossary, thesaurus to determine the meaning of unfamiliar words and make sense of text
- 8.2.9 Use vocabulary building skills and strategies; e.g., synonyms/antonyms, prefixes/suffixes, multiple meaning words context clues, word reference aids – dictionary, glossary, thesaurus to determine the meaning of unfamiliar words and make sense of text

Mathematics

- 6.4.2 Select an appropriate unit of measure; e.g., What unit do you use to measure a person's height?

Science

- 6.1.3 Explain the connection between cause and effect in a system

Social Studies

- No existing North Dakota Social Studies standard

Health

- 6.2.3 Identify the causes and prevention of common diseases and other health problems (e.g., asthma, diabetes, obesity, allergies, sexually transmitted disease/infection [STD/STI], cardio-vascular disease)
- 7-8.2.6 Identify the symptoms and treatment of common diseases and other health problems (e.g., allergies, communicable/non-communicable)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 4: Evaluate factors that affect food safety, from production to consumption.	
Competency 8.4.2: Demonstrate practices that promote safe food handling	Core Competency

English/Language Arts

10.1.4 Use relevant information

Mathematics

6.4.2 Select an appropriate unit of measure; e.g., What unit do you use to measure a person's height?

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

9-12.5.1 Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 4: Evaluate factors that affect food safety, from production to consumption.	
Competency 8.4.3: Describe safety and sanitation practices throughout the food production cycle	Core Competency

English/Language Arts

- 9.1.5 Organize information from a variety of sources; e.g., chronological
- 9.3.8 Use supporting details
- 10.1.5 Organize information from a variety of sources into a unified whole
- 10.2.1 Summarize information from nonfiction genres
- 10.3.7 Use a variety of supporting details

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.3.3 Explain how public health policies and government regulations (e.g., food and drug labeling, safe food handling and production regulations, community immunization programs, regulations regarding waste disposal) influence health

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 4: Evaluate factors that affect food safety, from production to consumption.	
Competency 8.4.4: Determine how changes in national and international food production and distribution systems impact the food supply	Advanced Competency

English/Language Arts

11.5.1 & 12.5.1 Identify existing and developing media

11.5.5 Evaluate the impact of media messages on daily life and politics

Mathematics

- No existing North Dakota Mathematics standard

Science

- 7.6.1 Identify ways in which technology has influenced the course of history and improved the quality of life
- 7.6.2 Identify technologies (e.g., communication, agriculture, information processing, transportation) that are influenced by societies
- 7.6.3 Identify intended benefits and unintended consequences that result from the development and use of technologies

Social Studies

- 9-12.4.4 Evaluate the effectiveness of structures, operations, and influences of political systems and constitutional governments (e.g., federalism; separation of powers; checks and balances; media and special interest groups)

Health

- 9-12.3.2 Describe how cultural diversity enriches and challenges health behaviors (e.g., cultural differences related to health care and the treatment of disease, various food sources of nutrients available in different cultural and ethnic cuisines)
- 9-12.3.4 Evaluate how a physical environment influences the health of individuals and the community (e.g., the application of pesticides and herbicides on agricultural products; environmental issues that affect the water supply and nutritional quality of food)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 4: Evaluate factors that affect food safety, from production to consumption.	
Competency 8.4.5: Identify federal, state, and local inspection and labeling systems that protect the health of individuals and the public	Advanced Competency

English/Language Arts

- 11.1.1 Research topics independently using appropriate sources
- 11.1.4 Verify the quality, accuracy, and usefulness of information
- 11.2.3 Analyze details, facts, and concepts from nonfiction genres
- 11.2.6 Apply prior knowledge of content to interpret meaning of text
- 11.5.1 & 12.5.1 Identify existing and developing media
- 12.2.2 Critique details, facts, and concepts from nonfiction genres

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- 9-12.4.4 Evaluate the effectiveness of structures, operations, and influences of political systems and constitutional governments (e.g., federalism; separation of powers; checks and balances; media and special interest groups)

Health

- 9-12.3.3 Explain how public health policies and government regulations (e.g., food and drug labeling, safe food handling and production regulations, community immunization programs, regulations regarding waste disposal) influence health

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 4: Evaluate factors that affect food safety, from production to consumption.	
Competency 8.4.6: Investigate public dialogue about food safety and sanitation	Advanced Competency

English/Language Arts

11.1.4 Verify the quality, accuracy, and usefulness of information

11.5.1 & 12.5.1 Identify existing and developing media

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.6.5 Determine criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media) to evaluate health information, products, and services (e.g., research using medical journals, consumer health sources, research institutes)
- 9-12.6.6 Evaluate resources, products, and services based on appropriate criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research
- 12.1.5 Use organizational strategies to record and synthesize* information

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 5: Evaluate the impact of science and technology on food composition, safety, and other issues.	
Competency 8.5.1: Explain how the scientific and technical advances in food processing, storage, product development, and distribution impact nutrition and wellness.	Core Competency

English/Language Arts

- 9.1.4 Evaluate relevancy of information
- 9.1.5 Organize information from a variety of sources; e.g., chronological
- 9.2.7 Access prior knowledge to interpret meaning
- 9.2.15 Build vocabulary by reading a variety of grade-level texts and applying new vocabulary
- 10.1.4 Use relevant information
- 10.1.5 Organize information from a variety of sources into a unified whole
- 10.3.5 Elaborate ideas through word choice and description using grade-level vocabulary

Mathematics

- No existing North Dakota Mathematics standard

Science

- 7.6.1 Identify ways in which technology has influenced the course of history and improved the quality of life
- 7.6.2 Identify technologies (e.g., communication, agriculture, information processing, transportation) that are influenced by societies
- 7.6.3 Identify intended benefits and unintended consequences that result from the development and use of technologies

Social Studies

- 9-12.5.2 Interpret the relationships between physical environments and society (e.g., humans modify environment, environment modifies society, and use, distribution, and importance of resources)

Health

- 9-12.3.3 Explain how public health policies and government regulations (e.g., food and drug labeling, safe food handling and production regulations, community immunization programs, regulations regarding waste disposal) influence health
- 9-12.3.4 Evaluate how a physical environment influences the health of individuals and the community (e.g., the application of pesticides and herbicides on agricultural products; environmental issues that affect the water supply and nutritional quality of food)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 5: Evaluate the impact of science and technology on food composition, safety, and other issues.	
Competency 8.5.2: Explain the impact of technological advances on selection, preparation, and home storage of food.	Core Competency

English/Language Arts

- 9.1.4 Evaluate relevancy of information
- 9.1.5 Organize information from a variety of sources; e.g., chronological
- 9.2.7 Access prior knowledge to interpret meaning
- 9.2.15 Build vocabulary by reading a variety of grade-level texts and applying new vocabulary
- 9.5.2 Access media (e.g., television, film, music, electronic databases, videos, DVDs, comics, visual and performing arts, newspapers, and periodicals) for a variety of purposes
- 10.1.4 Use relevant information
- 10.1.5 Organize information from a variety of sources into a unified whole
- 10.3.5 Elaborate ideas through word choice and description using grade-level vocabulary
- 10.5.2 Use media (e.g., television, film, music, electronic databases, videos, DVDs, comics, visual and performing arts, newspapers, and periodicals) for a variety of purposes

Mathematics

- No existing North Dakota Mathematics standard

Science

- 7.6.1 Identify ways in which technology has influenced the course of history and improved the quality of life
- 7.6.2 Identify technologies (e.g., communication, agriculture, information processing, transportation) that are influenced by societies
- 7.6.3 Identify intended benefits and unintended consequences that result from the development and use of technologies

Social Studies

- 9-12.5.2 Interpret the relationships between physical environments and society (e.g. , humans modify environment, environment modifies society, and use, distribution, and importance of resources)

Health

- 9-12.6.2 Evaluate how a physical environment influences the health of individuals and the community (e.g., the application of pesticides and herbicides on agricultural products; environmental issues that affect the water supply and nutritional quality of food)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 5: Evaluate the impact of science and technology on food composition, safety, and other issues.	
Competency 8.5.3: Investigate how scientific and technical advances impact the nutrient content, availability, and safety of foods	Advanced Competency

English/Language Arts

- 11.1.1 Research topics independently using appropriate sources
- 11.5.2 Apply media (e.g., television, film, music, electronic databases, videos, DVDs, comics, visual and performing arts, newspapers, and periodicals) for a variety of purposes

Mathematics

- 9-10.3.2 Interpret a given visual representation (i.e., circle graphs, bar graphs, histograms, stem-and-leaf plots, box-and-whisker plots, and scatter plots) of a set of data

Science

- 9-10.6.1 Use appropriate technologies and techniques to solve a problem (e.g., computer-assisted tools, Internet, research skills)
- 9-10.6.2 Explain how scientific principles have been used to create common technologies (e.g., household appliances, automotive parts, agricultural equipment, textiles, fabrics, computers, Internet resources, CD-ROMs)
- 11-12.6.3 Explain how designing and implementing technology requires weighing trade-offs between positive and negative impacts on humans and the environment

Social Studies

- 9-12.5.2 Interpret the relationships between physical environments and society (e.g., humans modify environment, environment modifies society, and use, distribution, and importance of resources)

Health

- 9-12.6.5 Determine criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media) to evaluate health information, products, and services (e.g., research using medical journals, consumer health sources, research institutes)
- 9-12.6.6 Evaluate resources, products, and services based on appropriate criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research
- 12.1.5 Use organizational strategies to record and synthesize* information

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 5: Evaluate the impact of science and technology on food composition, safety, and other issues.	
Competency 8.5.4: Investigate the effects of food science and technology on meeting nutritional needs (e.g., genetically modified foods, food processing, etc.)	Advanced Competency

English/Language Arts

- 11.1.1 Research topics independently using appropriate sources
- 11.5.2 Apply media (e.g., television, film, music, electronic databases, videos, DVDs, comics, visual and performing arts, newspapers, and periodicals) for a variety of purposes

Mathematics

- 9-10.3.4 Determine the number of possible outcomes for a given event, using appropriate . counting techniques; e.g., fundamental counting principle, factorials, combinations, permutations

Science

- 9-10.6.2 Explain how scientific principles have been used to create common technologies (e.g., household appliances, automotive parts, agricultural equipment, textiles, fabrics, computers, Internet resources, CD-ROMs)
- 9-10.6.3 Explain how emerging technologies (e.g., genetic manipulation, biofuels, and hydrogen fuels) may impact society and the environment

Social Studies

- 9-12.5.2 Interpret the relationships between physical environments and society (e.g. , humans modify environment, environment modifies society, and use, distribution, and importance of resources)

Health

- 9-12.6.5 Determine criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media) to evaluate health information, products, and services (e.g., research using medical journals, consumer health sources, research institutes)
- 9-12.6.6 Evaluate resources, products, and services based on appropriate criteria (e.g., costs and benefits, consumer guide, advice from health professionals, the media)

Library/Technology Literacy

- 12.1.3 Access information using a variety of sources
- 12.1.4 Use a variety of criteria to evaluate and select information for research
- 12.1.5 Use organizational strategies to record and synthesize* information

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 6: Apply wellness practices that enhance individual and family wellness.	
Competency 8.6.1: Define factors of individual and family wellness (i.e., physical, emotional, social, and intellectual)	Introductory Competency

English/Language Arts

- 6.2.3 Use word recognition skills and vocabulary building strategies to determine the meaning of unfamiliar words and make sense of text; e.g., synonyms/antonyms, prefixes/suffixes, multiple meaning words, context clues, word reference aids – dictionary, glossary, thesaurus, base words
- 6.2.4 Use graphic organizers and summarizing to enhance comprehension
- 7.2.11 & 8.2.9 Use vocabulary building skills and strategies; e.g., synonyms/antonyms, prefixes/suffixes, analogies, multiple meaning words context clues, word reference aids – dictionary, glossary, thesaurus to determine the meaning of unfamiliar words and make sense of text
- 7.2.2 Use graphic organizers; summarizing; paraphrasing; and vocabulary building strategies, including context clues, to enhance understanding and aid comprehension of the meaning of texts
- 8.2.3 Use a variety of strategies to construct meaning from text; e.g., vocabulary building strategies, skimming, paraphrasing, summarizing, brainstorming, and discussing

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- 6.1.1 Use a variety of primary and secondary resources (e.g., magazines, journals, artifacts, interviews) to gather and interpret information

Health

- 6.1.1 Identify physical, intellectual, social, and emotional changes that occur as the body ages throughout the life cycle
- 6.2.1 Describe strategies for stress management (e.g., breathing and relaxation techniques, avoiding personal stressors, time management)
- 6.2.2 Explain characteristics and conditions associated with positive self-esteem (e.g., confidence, self-worth)
- 7-8.1.1 Describe physical, intellectual, social, and emotional changes that occur throughout the life cycle (e.g., body maturation, brain development, social awareness)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 6: Apply wellness practices that enhance individual and family wellness.	
Competency 8.6.2: Describe factors of individual and family wellness (i.e., physical, emotional, social, and intellectual)	Core Competency

English/Language Arts

- 9.1.6 Summarize information
- 9.4.4 Engage in a group discussion
- 10.1.7 Paraphrase information

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.1.1 Explain the physical, intellectual, social, and spiritual changes that occur throughout life (e.g. how these changes differ among individuals, family, and community)
- 9-12.2.1 Assess healthy versus unhealthy behaviors and their relationships to health promotion and disease prevention (e.g., active lifestyle vs. sedentary lifestyle, healthy diet vs. fad diets)
- 9-12.2.5 Describe how prevention and treatment of health problems are influenced by research and medical advances (e.g., recent improvements in the treatment of cancer, diabetes, and heart disease; advanced surgical techniques; HIV/AIDS)

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 6: Apply wellness practices that enhance individual and family wellness.	
Competency 8.6.3: Apply concepts needed to enhance and promote personal wellness (e.g., leisure activities, stress management, coping skills, etc.)	Core Competency

English/Language Arts

- 9.1.4 Evaluate relevancy of information
- 9.4.4 Engage in a group discussion
- 10.1.4 Use relevant information

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.2.2 Apply strategies for enhancing personal health (e.g., self-discipline, commitment, perseverance, support)
- 9-12.2.3 Explain ways individuals can take responsibility for enhancing their own health (e.g., personal responsibility for dietary choices and reading labels, participating in physical activities, stress reduction, abstinence)

Library/Technology Literacy

- 12.4.3 Demonstrate self-motivation in seeking information.
- 12.4.4 Use a variety of media and technology for personal needs and enjoyment

Standard 8: Nutrition and Wellness – Demonstrate nutrition and wellness practices that enhance individual and family well-being. (Based on National Standard # 6)	
Topic 6: Apply wellness practices that enhance individual and family wellness.	
Competency 8.6.4: Apply decision making skills to choices that affect personal wellness	Core Competency

English/Language Arts

- 9.1.4 Evaluate relevancy of information
- 9.4.4 Engage in a group discussion
- 10.1.4 Use relevant information

Mathematics

- No existing North Dakota Mathematics standard

Science

- No existing North Dakota Science standard

Social Studies

- No existing North Dakota Social Studies standard

Health

- 9-12.5.1 Develop a life-long plan to sustain personal health (e.g., remaining drug-free, maintaining safe levels of cholesterol and blood pressure)
- 9-12.5.2 Assess the personal life-long plan to address individual strengths, needs, and risks and monitor progress toward the goal

Library/Technology Literacy

- No existing North Dakota Library/Technology Literacy standard